



cook with Love  
ARTISAN SPICEMASTER

Finely Chopped  
Mushrooms Squeezed  
Dry

2 Cups Grated  
Cauliflower Dried in  
a Skillet On Low Heat

1-2 tsp of Your  
Favorite Tanner's  
Tasty Seasonings

1 Beaten Egg  
for Each

1 Cup Shredded  
Parmesan Cheese  
for Each

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# CAULIFLOWER-MUSHROOM PIZZA CRUST

LOW CARB PERFECTION - YES, YOU CAN HAVE PIZZA!

- 1 cup chopped mushrooms
- 1 cup cauliflower - grated
- 1 cup parmesan
- 1 beaten egg
- 1 tsp TTS Mexican Mexican (or TTS seasoning of your choice)

- 1 Finely chop mushrooms & cauliflower in a food processor - or chop mushrooms and grate cauliflower. Squeeze mushrooms dry and put all in a bowl
- 2 Add shredded Parmesan, egg and your choice of TTS seasoning. Mix well.
- 3 Shape into crust, about 1/4" thick. Top with your favorite toppings
- 4 Bake at 400 for 17-20 minutes. Cool slightly before cutting